

Hamilton 91st Highlanders Secondary School Schedule

Wednesday, February 15th, 2023

	Event #		Event
9:30	1		Open Boys 4 X 400 Relay Heats
	2		Open Girls 4 X 400 Relay Heats
	3		Senior Boys 1000m Sections
	4		Senior Girls 1000m Sections
	5		Junior Boys 1000m Sections
	6		Junior Girls 1000m Sections
	7		Novice Boys 1000m Sections
	8		Novice Girls 1000m Sections
	9		Senior Boys 4 X 1 Lap Heats
	10		Senior Girls 4 X 1 Lap Heats
	11		Junior Boys 4 X 1 Lap Heats
	12		Junior Girls 4 X 1 Lap Heats
	13		Novice Boys 4 X 1 Lap Heats
	14		Novice Girls 4 X 1 Lap Heats
	15		Senior Boys 300m Sections
	16		Senior Girls 300m Sections
	17		Junior Boys 300m Sections
	18		Junior Girls 300m Sections
	19		Novice Boys 300m Sections
	20		Novice Girls 300m Sections
	21		Police Relays
	22		Open Boys Medley Relay 2/1/1/2
	23		Open Girls Medley Relay 2/1/1/2
	24	91st Highlanders AA	Open Boys 3000m Final (limited to the first 15 registrants)
	25	Joseph Haulage	Open Girls 3000m Final (Limited to the first 15 registrants)
	26	Hamilton Builders' Supply	Senior Co-ed 4 X 1 lap Relay Sections
	27		Junior Co-ed 4 X 1 lap Relay Sections
	28		Novice Co-ed 4 X 1 lap Relay Sections

	29		Senior Boys 600m Sections
	30		Senior Girls 600m Sections
	31		Junior Boys 600m Sections
	32		Junior Girls 600m Sections
	33		Novice Boys 600m Sections
	34		Novice Girls 600m Sections
	9	Athletics Ontario	Senior Boys 4 X 1 Lap Final
	10	Hamilton Moves	Senior Girls 4 X 1 Lap Final
	11		Junior Boys 4 X 1 Lap Final
	12		Junior Girls 4 X 1 Lap Final
	13		Novice Boys 4 X 1 Lap Final
	14		Novice Girls 4 X 1 Lap Final
	1	Around the Bay Race	Open Boys 4 X 400m Sections
	2		Open Girls 4 X 400m Sections
FIELD EVENTS			
Time			
9:30	43		Novice Boys Long Jump
	34		Senior Girls Shot Put
	45	Promo Place	Senior Boys Triple Jump
10:30	41		Junior Boys Long Jump
	38		Novice Girls Shot Put
	50		Novice Girls Triple Jump
11:30	33		Senior Boys Shot Put
	40	Stirling Print Solutions	Senior Girls Long Jump
	49		Novice Boys Triple Jump
1:00	48		Junior Girls Triple Jump
	39	Norman Haac Memorial	Senior Boys Long Jump
	37		Novice Boys Shot Put
	36		Junior Girls Shot Put
	46		Senior Girls Triple Jump
	44		Novice Girls Long Jump
	47		Junior Boys Triple Jump
	42		Junior Girls Long Jump
	35		Junior Boys Shot Put

91st Highlanders Athletic Association

Hamilton Indoor Games

Secondary Meet

Meet Director: Tom Montgomery (tommontgomery@hotmail.com) Phone: (905)928-4871

Date: Wednesday, February 15, 2023

Entry Deadline: February 10th, 2023

Entry Fee: \$8.00 per individual event
\$12.00 per Relay event
\$300.00 Total Team Cap.

***Please bring your cheque to the meet making the cheque out to: 91st Highlanders Athletic Association**

Important Information:

- All track events will be electronically timed.
- Relay Finals will be limited to the four fastest qualifying times from the heats.
- Bib numbers must be worn on the front of the athlete's singlet.
- The anchor of each relay team must have a number on the front of their singlet
- Each athlete must wear their school's team uniform. Relay teams must have matching uniform singlets.
- Athletes wearing spikes must only use pin spikes.
- Entry is through the doors on the York Street entrance and will be open at 7:45am
- 8:15 - 9:15am athletes may warm up on the track. After that time warm ups may be done in the open area under the stands or on the mezzanine.
- 9:15 Coaches meeting at the finish line area.
- 9:30 Start of both Track and Field Events
- Only coaches are able to pick up medals in the results room.